



Sedona Winds

Retirement Community

475 Jacks Canyon Rd • Sedona, AZ 86351 • (928) 284-9077

Looking for Luck

"Four-leaf clovers aren't rare ... People who look for them are." —Christy Jordan

Rainy Day Wonder

If you're looking for a rainbow after a spring shower, make sure you're facing away from the sun. The best time of day to see one is just after sunrise or just before sunset.

Memorable Melody: 'Green Onions'

You've likely heard this instrumental number by Booker T. & the MGs, even if you're unfamiliar with its title. Featured in countless films, TV shows and advertisements, the bluesy tune came about almost by accident! A group of studio musicians were jamming in the recording booth while waiting for a singer to arrive, and keyboardist Booker T. Jones began riffing a melody on the electric organ. Within 20 minutes, they had recorded the final take of the track, naming it "Green Onions" because of the "funky" bassline.

America's Barn Quilts

An emblem of Americana, bright and colorful quilt blocks are cropping up across the country—on the sides of barns! Painted on wooden or aluminum squares, barn quilts are large-scale versions of traditional patterns used in fabric quilting. Preserving history and heritage while beautifying the landscape, these unique works of art invite travelers to discover them on one of the many barn quilt trails throughout the U.S.

March 2024



Spare a Moment for Sparrows


Cheep along with our small, feathered friends on March 20 for World Sparrow Day!

MLB's Opening Day

For baseball fans, spring begins on Opening Day, the first game of the MLB season. This year, America's pastime will actually begin on foreign shores. As part of the MLB World Tour, the first regular-season games will take place on March 20 and 21 in Seoul, South Korea, between the Los Angeles Dodgers and San Diego Padres. All 30 major league teams will then play stateside on March 28.

A Better You

Taking care of yourself mentally can lower stress levels and risk of illness, leading to better physical health and increased energy. You are never done growing as a person, so do all you can to continue to learn, challenge yourself, prioritize your well-being and focus on the positive.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CALENDAR IS SUBJECT TO CHANGE	LUCK OF THE IRISH		St. Patrick's Day		<div>1</div> 9:30 Fitness and Balance  10:00 Puppy Pop-in With Jasper 10:30 Bingo 1:30 Card Games	<div>2</div> 9:45 Rise & Shine Exercise  10:30 Bingo 2:00 Story Book Club with Carol 6:00 Movie & Popcorn 
<div>3</div> 9:45 Rise & Shine Exercise  10:30 Sunday Documentary Series 1:00 Church Service & Singing! 2:00 Resident Interview! 3:30 Trivia & Laughs	<div>4</div> Happy Birthday Jan Robblin!! Clarks Outing 9:30 Fitness and Balance  10:30 Bingo 1:30 Bridge 3:30 Words with Friends: Scrabble	<div>5</div> 9:30 Fitness and Balance  10:00 Activity w/ Ann from Maggie's 2:00 Dominos and Table Games 3:00 1 On 1 Time W/ Activities Staff	<div>6</div> Vitals Clinic Time to Be Determined 9:30 Fitness and Balance  10:00 Coffee Social 12:00 Bobby Myhre Classic Sinatra & Jazz Entertainment During Lunch 1:30 Movie  3:30 Bridge	<div>7</div> Happy Birthday Ellie Everett!! 9:30 Fitness and Balance  10:00 Bible Study w/ Miss Janie 1:30 Arts and Crafts 3:30 1 On 1 Time w/ Activities Staff	<div>8</div> 9:30 Fitness and Balance  10:00 Puppy Pop-In With Augie 10:30 Bingo 1:30 Card Games	<div>9</div> 9:45 Rise & Shine Exercise  10:30 Bingo 2:00 Story Book Club with Carol 6:00 Movie & Popcorn 
<div>10</div> 9:45 Rise & Shine Exercise  10:30 Sunday Documentary Series 2:00 Pajama Party!! 3:30 Trivia & Laughs	<div>11</div> 9:30 Fitness and Balance  10:30 Bingo 1:30 Bridge 3:30 Words with Friends: Scrabble	<div>12</div> 9:30 Fitness and Balance  10:00 Tech Help With Marcy Young 2:00 Dominos and Table Games 3:00 1 On 1 Time W/ Activities Staff	<div>13</div> 9:30 Fitness and Balance  10:00 Coffee Social 10:30 Community Meeting 1:30 Movie  3:30 Bridge	<div>14</div> 9:30 Fitness and Balance  10:00 Bible Study w/ Miss Janie 1:30 Arts and Crafts 3:30 John Ziegler Concert!!	<div>15</div> 9:30 Fitness and Balance  10:00 Puppy Pop-in With Jasper 10:30 Bingo 1:30 Card Games	<div>16</div> 9:45 Rise & Shine Exercise  10:30 Bingo 2:00 Story Book Club with Carol 6:00 Movie & Popcorn 
<div>17</div> Happy Birthday Gil Sechrist!! St. Patrick's Day!! 9:45 Rise & Shine Exercise  10:30 Sunday Documentary Series 2:00 St. Patrick's Day Party! 3:30 Trivia & Laughs	<div>18</div> Walmart Outing 9:30 Fitness and Balance  10:30 Bingo 1:30 Bridge 3:30 Words with Friends: Scrabble	<div>19</div> First Day of Spring!! 9:30 Fitness and Balance  10:00 Activity w/ Ann from Maggie's 12:15 Birthday Cake Celebration with Compassus 1:30 Pet Therapy W/ Nita & Julip 2:00 Happy Hour w/Tanis Brown Concert!	<div>20</div> 9:30 Fitness and Balance  10:00 Coffee Social 1:00 Caregiver Meeting 3:30 Bridge	<div>21</div> 9:30 Fitness and Balance  10:00 Bible Study w/ Miss Janie 1:30 Arts and Crafts 3:30 1 On 1 Time w/ Activities Staff	<div>22</div> Podiatry Clinic 9:30 Fitness and Balance  10:00 Puppy Pop-In With Augie 10:30 Bingo 1:30 Card Games	<div>23</div> 9:45 Rise & Shine Exercise  10:30 Bingo 2:00 Story Book Club with Carol 6:00 Movie & Popcorn 
<div>24</div> Palm Sunday!! 9:45 Rise & Shine Exercise  10:30 Sunday Documentary Series 2:00 The Dash Event! 3:30 Trivia & Laughs	<div>25</div> 9:30 Fitness and Balance  10:30 Bingo 1:30 Bridge 3:30 Words with Friends: Scrabble	<div>26</div> 9:30 Exercise/ Chair Yoga With Carolyn of NAZ Hospice  10:00 Fingernail Care With AJ from Centerwell 2:00 Dominos and Table Games 3:00 1 On 1 Time W/ Activities Staff	<div>27</div> 9:30 Fitness and Balance  10:00 Coffee Social 1:30 Movie  3:30 Bridge	<div>28</div> 9:30 Fitness and Balance  10:00 Bible Study w/ Miss Janie 1:30 Arts and Crafts 3:30 1 On 1 Time w/ Activities Staff	<div>29</div> Good Friday!! 9:30 Fitness and Balance  10:00 Puppy Pop-in with Jasper 10:30 Bingo 1:30 Card Games	<div>30</div> 9:45 Rise & Shine Exercise  10:30 Bingo 2:00 CARTOON WORKSHOP by MICHAEL GALLAGHER!!! 6:00 Movie & Popcorn 
<div>31</div> Easter Sunday!! 9:45 Rise & Shine Exercise  10:30 Sunday Documentary Series 3:30 Trivia & Laughs						

ANNOUNCEMENTS

HAPPY BIRTHDAY

Jan Robblin March 4th

Ellie Everett March 7th

Gil Sechrist March 17th

Welcome New Residents

Adrienne Knight

Lorrayne Kilpatrick

Andrzej Szechter

JC & Mae Broadhead

William Hickman

Eunice Hall

In Remembrance of those who have passed

Mary Lou Evans

Walter Grunwald

"This Month In History" MARCH

1918: Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

1941: The pioneering squadron of African American military aviators known as the Tuskegee Army Airmen is activated for service in World War II.

1962: In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points playing against the New York Knicks. It's still the record for most points scored in a single game.

1974: People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

1987: To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

2006: Using an early version of Twitter (now called X), the world's first tweet is posted. The social networking platform went live to the public later that summer.

2020: The World Health Organization declares the outbreak of the COVID-19 virus a global pandemic.